



## TACFIT LEVEL 1 FIELD INSTRUCTOR DIRECT STREAMING CERTIFICATION

The TACFIT organization is proud to announce that after nearly two decades of conducting in-person certifications, we are ushering in a new chapter with the introduction of our first-ever 100% online certification course. This 100+ hour physical abilities and coaching competency assessment has been carefully crafted in keeping with the highest standards our students have come to expect, including all of the rigorous instructional techniques and thorough testing components. These high-level standards have uniquely been at the forefront of our in-person certifications and have earned TACFIT the distinction of the “World’s Smartest Workout”.

With a goal of making these online certifications available to as many of our students as possible across the globe, the online course will take place over 11 weeks, with a mix of individual study, group streaming workshop, and several smaller, break-out group live instructionals available in multiple languages, thanks to our Team Leaders, including Spanish, Portuguese, German, Italian, French, Arabic and English.

For this inaugural event, Level 1 (Field Instructor) and Level 2 (Senior Instructor) certifications will be offered (If you qualify for Level 2, please download the Level 2 Syllabus.)

**Level 1 certifications are open to new instructor candidates, those who need to re-certify, or for anyone just looking to deepen their knowledge of the TACFIT system.**

**Directed by Néstor Serra**, TACFIT International Educational Director, as well as support from our Educational Team from all over the world.

### Languages

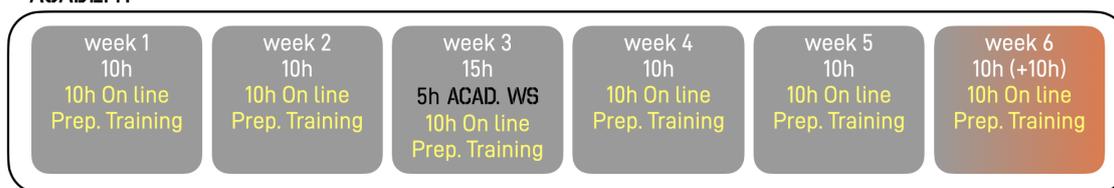
Students will be separated into small groups in which there will be a responsible Team Leader who will lead the group in one of the following languages: Spanish, Portuguese, German, Italian, French, Arabic and English.

### Workload:

Online Training Program: 100 hours

Direct Streaming Educational & Teaching Training: 31 hours

### ACADEMY



### CERTIFICATION



### ATTENTION!

The online certification process requires extensive study in order to prepare for the certification tests as well as to learn the complete program experiencing training with it. This prerequisite training is developed in the “ACADEMY Preparation Program,” and the student can begin whenever he or she registers for the certification.



## ACADEMY

When a student registers for the certification we will send Welcome information and initial preparation courses in ACADEMY Training. Designed as a 6-week program, we recommend that students work through the material in advance of the first Certification Workshop.

On Week 3 there will be a 5-hour live ZOOM workshop to learn the TACFIT principles as well as the technique of the testing exercises, with all applicable progressions and regressions. During the academy process, the student will be assigned to a Team Leader who will supervise the student's study and, at the same time, help him or her improve in areas related to the certification preparation training.

## CERTIFICATION

The content will be divided in 3 blocks, a total of 5 weeks, and the test:

- ⇒ **1st block:** In this first part we have all the students together in virtual format. We divide the content in two workshops in which we teach the technique, progressions and regressions of the exercises. This will be led by Néstor Serra
- WS1- Saturday 5 hours
  - WS2- Sunday 5 hours
- ⇒ **2nd block:** The students will be split in groups of 6-10 by language. Each group will be led by a field instructor who is a Team Leader or either applying for or already a Senior Instructor. This block will take 3 weeks (and 3 workshops).  
Each week the student must train, learn and prepare for the content to be featured at the respective workshop (during the weekend). The group will be supervised by their designated leader, who will oversee the students and help them improve their technique, skills and knowledge.  
The students will work as a team to help their teammates to improve as well - this is all part of the trademark TACFIT community. The following workshops will be geared specifically toward becoming more effective instructors by working with each other.
- WS3 – 2 hours + online training 10h
  - WS4 – 2 hours + online training 10h
  - WS5 – 2 hours + online training 10h
- ⇒ **3rd block:** This is another weekend divided in 2 days. Here we learn the protocols and we do the Qualification exam, a baseline performance technique test using moderate intensity, 60-80% heart rate maximum. Led by Néstor Serra
- WS6- Saturday 5 hours
  - WS7- Sunday 5 hours

**Exam:** in direct streaming under the supervision of the Leader of the group as well as sending a video to the Master Trainer.

### Cost:

New Certification: \$900 U.S.

Recertification( 1-4 years since last certification): \$250 U.S.

Lapsed certification (4+ years since last Level 1 cert): \$450 U.S.

### Equipment needed:

ATTENTION: The suggested equipment, below, is not necessary - the certification can be done without this material, but the clubbells and the Kettlebell are necessary

The student will need a pair of Clubbells, 5kg (10lb.) women and 7kg (15lb.) men, and one Kettlebell (suggested 12-16kg women and 16-24 men). If the student doesn't have the Clubbells visit

<https://tacfit.com/product-category/cst-clubbells/>



For the virtual live workshops we suggest you have the following equipment:

- Slamball (4-10kg)
- A pair of rings
- Pull-ups bar
- Plyo Box
- Parallettes

And for the Academy Training curriculum we suggest:

- Kettlebells (different weights)
- Clubbells (at least 2 weights, one for two handed and another one for the one hand exercises)
- Barbell with weights

#### **Level 1 Dates:**

**NOTE:** Dates and hours might slightly change once we enter the Certification process. All registered students will receive the most updated calendar upon their paid registration, and if any changed occur, students will be notified well in advance.

ACADEMY:

- Start of the Academy Training program - Aug. the 31<sup>st</sup>
- Academy WS (5 hours, everybody already registered) – Sept. the 12<sup>th</sup>

CERTIFICATION:

- Cert WS 1 (5 hours, everybody) – Oct. 10<sup>th</sup> (15h CEST, 13h GMT-UTC, 6h PTZ-USA)
- Cert WS 2 (5 hours, everybody) – Oct. 11<sup>th</sup> (15h CEST, 13h GMT-UTC, 6h PTZ-USA)
- Cert WS 3 (2 hours, small group) – Oct. 17<sup>th</sup> (or 18<sup>th</sup>, scheduled by the Group responsible)
- Cert WS 4 (2 hours, small group) – Oct. 24<sup>th</sup> (or 25<sup>th</sup>, scheduled by the Group responsible)
- Cert WS 5 (2 hours, small group) – Oct. 31<sup>st</sup> (or Nov. the 1<sup>st</sup>, scheduled by the Group responsible)
- Cert WS 6 (5 hours, everybody) – Nov. 7<sup>th</sup> (15h CEST, 13h GMT-UTC, 6h PTZ-USA)
- Cert WS 7 (5 hours, everybody) – Nov. 8<sup>th</sup> (15h CEST, 13h GMT-UTC, 6h PTZ-USA)
- **Technical and Performance Test** - Nov. 14<sup>th</sup> (or 15<sup>th</sup>) with the Team Leader and sending video to the Cert Director

#### **Additional Information About Certification:**

TACFIT has been considered for many years as one of the most intelligent training systems in the industry, used as a compass for many professionals in different areas. Becoming a Field Instructor means not just being certified in TACFIT, but you will join a team of people with the same passion, values and way of understanding training as you.

Our all-new virtual online certification is the culmination of a learning process, which initiates when you decide to join the TACFIT Legion and start your preparation for the certifications with the aim of successfully passing the tests and understanding and learning the system, as well as being able to teach the TACFIT standards of teaching.

If you have attended the on-line School and/or the preparation workshops you have experienced what TACFIT training is, and the benefits that brings to anyone who trains with it.

Through our TACFIT certifications, we want our students to prepare themselves with our systems, so they can deeply understand them and be better able to transmit them to their athletes or clients.

As part of this certification course you will learn the basics of CST<sup>®</sup> (Circular Strength Training) and the principles on which TACFIT is based. You will also be certified in TACFIT 26, a complete training program, with 104 different protocols and more than 200 different exercises, enabling you to teach and prepare your athletes effectively and safely.

Our purpose is to train coaches willing to improve their skills, knowledge and development of TACFIT classes. More than being good performers, we want our representatives to be the best instructors, preparing them in being able to help others to achieve the goals of improving their health.

### Curriculum Includes:

1. What is CST?
  - a. Intu-Flow
  - b. Clubbell Swinging
    - i. Origins & Club Evolution: the Clubbell
    - ii. Benefits of the Clubbell Training: Mobility – Torque Strength – Endurance
  - c. Prasara Yoga
2. What is TACFIT?
  - a. TACFIT Principles & CORE Concepts
  - b. TACFIT Overview
    - i. Functional Biomechanics
    - ii. Stress Physiology
    - iii. Exercise Endocrinology
    - iv. Breathing
    - v. Motor Control
3. TACFIT 26 program
  - a. The TACFIT 6+1 Protocols
    1. 4/1 x 4
    2. (90/30 x 5) 2
    3. (20/10 x 8)/60
    4. AMRAP
    5. EMOTM
    6. (30/30 x 4) 5
    7. AFAP/T
  - b. Warm Up & Cool Down
  - c. The TACFIT Wave
  - d. TACFIT Fundamental Exercises
    - i. BodyWeight: Squat, Lunge, Prone & Supine, Rotations.
    - ii. Clubbell: cast, swing, flag
    - iii. Tools: Kettlebell deadlift, swing, clean, press, squat. SlamBall squat, shotput, halo
4. Coaching
5. Professional Career Path

### Certification Requirements

In order to become a Field Instructor the student must actively attend the 2 day life certification courses, as well as successfully pass the following practical tests:

#### Technique test:

- Clubbells: (male 7kg Female 5kg)
  - Arm cast alternate: 5 reps
  - Double Swings: 10 reps
  - Gamma Cast two handed: 5 reps L + 5 reps R
- Bodyweight
  - Quad Press: 10 reps
  - Hollow Body Push Up: 10 reps
  - Pull up: 5 reps male
  - Chin up - Pull Up: 2 reps female

#### Performance Test:

- Qualification Test – Recruit level.
- The student must achieve a minimum of 45 points with correct technique. The Average Heart Rate must be below 80% of the HR Max
  - Tactical Front Lunge (1 point = 1 complete movement each side)
  - Pull Plank Knee (1 point = 1 complete movement)
  - Sit Thru Knee (1 point = 1 complete movement each side)
  - Tactical Push-ups (1 point = 1 complete movement)
  - Spinal Rock Basic (1 point = 1 complete movement)
  - Tripod Vertical (1 point = 1 rep each side)